Milk Mustache Celebrities

Objectives:

 Students will learn the importance of eating dairy products to keep bones strong and teeth and bodies healthy.

Materials Needed:

- Polaroid or digital camera. Polaroid would be quicker. A digital could be used, but a quick load and print off would have to be done right after pictures were taken.
- Markers, glue, crayons and other drawing materials
- Colored paper to mount pictures on
- Vanilla yogurt (fat-free or low-fat (1%))
- Milk
- Spoon for scooping and stirring
- Napkins
- Small paper cups

Alternate activity: Use students' school pictures and a correction tape pen to make a milk mustache or have students draw a picture of themselves. Continue the lesson with the creation of the advertisement to go with the picture.



Lesson Introduction:

- Have students brainstorm a list of reasons why milk is important. Write the list on the board for students to use later. (strong bones, strong teeth)
- Ask students where they may see people drinking milk and other dairy products. Prep students to think about the Milk Mustache Celebrities if no student mentions it.
- 3. Show students an example picture of a Milk Mustache Celebrity. Obtain from magazine, internet, or the school nutrition director may possibly have one in the cafeteria. Ask students what they think when they see these ads. Is milk important?

Activity:

- 1. Tell students that they are going to get a chance to be celebrities for the day. Students will create their own advertisements about milk using a photo of themselves with a milk mustache. To make their advertisement exciting, students may change their names to "Princess Carrie, King Jason, or President Smith." Students will also be expected to write two or three reasons why we should drink milk. They can pick the two they feel most important from the board.
- 2. Explain to students that they will be photographed with a Milk Mustache. They will glue the photo onto paper. Above the picture students may write their celebrity name. Below the photo students will write reasons why we should drink milk. At the very bottom, students could use the logo "Got Milk?". Students could decorate the poster in other ways with pictures of dairy products etc.
- 3. Give each student a half cup of low-fat vanilla yogurt stirred smooth. Adding a small amount of milk may make it work better. The student will place a small amount of yogurt above the upper lip. The extra will allow for a healthy snack while they are creating their advertisement. A small paint brush may be helpful.

Continued on back

4. Photo Shoot: Call two students up at a time for their celebrity photo to be taken. One student can be prepping while the other is getting his photo taken. If using a digital camera, print out the photo so students can begin working on their advertisement. If using a Polaroid camera, hand students the photo as they are developed. If students know ahead of time the size of photo, they can work on their ad while waiting for their photo shoot. If the photo is a head shot of the student, the student could draw his body engaging in physical activity to reinforce strong bones!

Apply:

- Have students share their advertisement with the class.
- Hang advertisements in the room, hallway, lunch room, or all around the school for others to see.
 This is an excellent way to promote milk.

Extend the Activity

- Language Arts: Have student celebrities write a biography about themselves and why he/she drinks and/or eats 3 every-day[®] of dairy. Explain that students, age nine and over, need at least three cups of milk or milk equivalents everyday.
- Math: As a class, total how many servings of dairy the whole class would consume if everyone consumed the recommended three servings a day for a day, week, month, and year. Students could make a class poster with this information and the importance of 3 every-day® of dairy.
- Social Studies: Have students choose a favorite milk mustache celebrity. Research why he or she chooses milk or dairy products. Visit www. bodybymilk.com